

Rashid leads Westfields to a 30 medals haul at the NSW Juniors

Rashid Kabba recorded two World Junior qualifying performances - 110m hurdles 13.86 (14.20) and 100m 10.53 (10.55) in a sensational 2024 NSW Junior Championships. Rashid successfully defended the under 20 titles he won last year in 100m and 110m hurdles, to become undefeated in both events since 2019. Rashid won the hurdles at NSW Juniors 2019,20,21,22,23 & 24 and the 100m 2019,20,21,23 & 24 (deciding not to contest 2022 with a hamstring issue). This is a feat most likely never achieved by any other athlete.

Alexia Mathison was absolutely faultless in her sensational victory in the U14 80m hurdles, recording a time that has, to the best of my knowledge, only ever been bettered a few times. Her time of 12.06 is on the verge of becoming one of a few female athletes to ever go sub 12 seconds in the history of the event. Then going up an age group in the 200m hurdles, a gutsy performance won her the U15 200m hurdles in what was only her second race ever over the 10-flighted event.

Phillip Botonis continues to turn heads with his dominance of middle distance running in NSW, and soon to be Australia. His incredible stamina in the last 100m of his races is a pleasure to watch. Basically if you don't have at least a 10 metre lead in the final straight chances are he will mow-you-down to the finish line. His times in the 800m and 1500m as a 13 year old are exceptional.

Beau Sinclair is new to athletics having started training and competition only several months ago. Still experimenting with events he has qualified for the Nationals in heptathlon, long jump, 100m and 100m hurdles. His performance at the NSW Juniors was a sensational debut winning 3 medals; Silver in hurdles, Silver in 100m and Bronze medal in Long Jump. Beau will drop the Heptathlon and Long Jump, concentrating on the 100m and 100m hurdles.

Absolute newcomer to our club **Darcy Coote** became the NSW U15 100m champion, with training partner Beau taking Silver. Darcy, a talented soccer player, had his first ever training session with blocks only days before winning the State title. He had only a week earlier won the 100m and 200m at NSW Little A's State. Both he and Beau decided not to contest the 200m at the Juniors and one can only wonder what would have entailed. Congratulations to all our medal winners for a magnificent team effort.

Name	Age	Event	Prelims	Final
Rashid Kabba	U20	100m	10.77 (0.1)	Gold 10.53 (1.3)
Rashid Kabba	U20	110m hurd.		Gold 13.86 (-0.3)
Rashid Kabba	U20	200m	21.66 (1.8)	Silver 21.47 (1.1)
Darcy Coote	U15	100m	11.63 (2.1)	Gold 11.52 (1.1)
Alexia Mathison	U14	80m hurd.		Gold 12.06 (1.8)
Alexia Mathison	U15	200m hurd.		Gold 29.69 (1.7)
Phillip Botonis	U14	800m		Gold 2.08.18
Phillip Botonis	U14	1500m		Gold 4.22.32
Isabella Muc	U15	2000m SC		Gold 7.39.89
Amelia Darek	U16	Pole Vault		Gold 2.80
Amelia Darek	U16	Hammer Throw		Bronze 40.38
Beau Sinclair	U15	100m	11.77 (3.1)	Silver 11.91 (1.1)
Beau Sinclair	U15	100m hurd.		Silver 15.08 (0.8)
Beau Sinclair	U15	Long Jump		Bronze 5.29 (0.3)
Evanjaline McGoon	U14	80m hurd.		Silver 13.14 (1.8)
Adnan Darwiche	U20	1500m Para		Silver 6.55.23
Alex Goetz	U18	Hammer Throw		Silver 58.80
Akeem Kabba	U15	100m hurd.		Bronze 15.58 (0.8)
Kunal Menon	U20	110m hurd.		Bronze 14.89 (-0.3)
Koben Best	U16	200m hurd.		Bronze 28.09 (1.3)
Ruby Kernaghan	U16	400m	60.99	Bronze 58.97
Erin Cassilles	U14	3000m Walk		Bronze 16.17.50
Sienna Latanis	U16	Discus Throw		Bronze 34.03
Sienna Latanis	U16	Shot Put		Bronze 12.59
Maddison Kernaghan	U17	Hammer Throw		Bronze 47.91
Liam Hayes	U17	Long Jump		Bronze 6.35
Destiny McGoon	U20	Long Jump		Bronze 5.61
Bailey-Dean Latanis	U18	Pole Vault		Bronze 2.80
Bailey-Dean Latanis	U18	Discus Throw		Bronze 43.30
Bailey Dean Latanis	U18	Shot Put		Bronze 14.06



